OWCS / SCOO

OTTAWA WEST COMMUNITY SUPPORT

SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST

The Best Thanksgiving

Thanksgiving is here, so our minds have turned,

To what time has taught us, to what we've learned:

We often focus all our thought

On shiny things we've shopped and bought.

We take our pleasure in material things.

Forgetting the pleasure that friendship brings.

If a lot of our stuff just vanished today,

We'd see the foundation of each happy day

Is special relationships, constant and true,

And that's when our thoughts go directly to you.

We wish you a Thanksgiving you'll never forget,

Full of love and joy—your best one yet!

By Joanna Fuchs

Wishing you a wonderful Thanksgiving!

OWCS News from the Day Program

Time flies when you are having fun! Some of the highlights in the Day Program this summer included:

- Our Field Placement Student Sarana showed us how to make Cambodian spring rolls
- We took advantage of the weather and did our exercises in the front garden. Lots of passersby smiled and tried to join in!
- Inspired by our June fundraiser, we threw some pies in the Day Program! The recipients were willing participants.
- We had a Game Show Extravaganza. Clients won funny money in Wheel of Fortune and used it to bid on Auction items.
- We ate a delicious picnic lunch in McCormick park

Enjoying a lovely summer picnic

Mini Pie Throwing!

Working out in the garden

Health and Safety Corner: Fall Raking Tips

1. Wait for the full fall: Before you reach your rake, wait for the full fall of leaves. Aside from spot-clearing on pathways, it's better to plan one big rake job.

2. Choose your tools wisely: The right rake for you may not be the right rake for someone else. Shop around for one that is comfortable and fits your height.

3. Dress the part: Wear lightweight clothes that keep you warm enough without trapping sweat. Shoes should be supportive and comfortable.

4. Do a pro-rake warm up: It may not seem like a workout, but you can burn nearly 300 calories during an hour of raking! Walk around a bit before your start, do a couple of stretches to prevent muscle strain on your neck and back.

5. Practice proper raking posture: To keep your neck and back happy, stand upright and rake leaves to the side of you, alternating dominant hand now and then. Bend at the knees-not the waist-when picking up piles of leaves.

On June 26th OWCS hosted our Annual BBQ, Plant and Bake Sale. A great summer day was had by all! Our successful day was only possible because of all our volunteers, supporting businesses, wonderful clients and team of staff.

Thank you to volunteers Marc, Nicki and Violetta for managing our Plant Sale
Thank you to volunteers Jennifer, Karl, Marion for your baking & sales skills!
Thank you to our volunteer musicians Ed, Fred & Nathan for your entertainment!
Thank you to Councilor Jeff Leiper who volunteered for our "Pie a Guy" fundraiser!

Marc, Nicki, Jennifer & Violetta

BBQ team Blaine and John

Musicians Nathan, Ed and Fred

Councilor Jeff Leiper getting a pie in the face!

A big thank you to the following businesses for your support at our BBQ:

AMAnecer Boutique	Giant Tiger	The Bagel Shop	Wabi Sabi
Back Lane Café	Grant Street Garage	The Extraordinary Baby Shop	Watson's Pharmacy
Bread By Us	Herb & Spice	The Hintonburg Market	West End Well
Bridgehead	John's Diner	The Table	Wellington Diner
Capital City Luggage	Mint Hair Studio	The Village Quire	Wellington Sandwiches
Carleton Tavern	Suzy Q	TimeSaver Foods	Zazaza Pizza
Cyclelogik	Subway	Twiss & Weber	
Fabgear64	The Record Centre	Uproar Interiors	
Flowers By Maggie	Tennesy Willems	Victoria Pharmacy	

Take a Break!

Answers on back page

Many American and English surnames are derived originally from occupations. Can you match the proper surname with the correct occupation?

Surnames:	Occupations
A) Boyer	i) forest warden
B) Carter	ii) maker of stockings
C) Woodward	iii) produce transporter
D) Wright	iv) maker of bows (for archery)
E) Houser	v) woodworker

OWCS will be at the Ottawa Seniors Expo on Nov 21, 2015 at Nepean Sportsplex.

The expo is an interactive and fun day where you can find out info about the best and latest services. With over 50 local and caring exhibitors, free clinics, demos and discussions-there is sure to be something for everyone!

Admission and parking are absolutely FREE!

OWCS Office Updates:

- OWCS says good bye to Algonquin Student Sarana Sin–Rowe who completed her 3 month placement in our Day Program.
- OWCS welcomes our new Field Placement student Jonathan Proulx-Taillefer who will be assisting in the Day Program until January 2016.
- Thank you to our student volunteers who helped throughout the summer!
- Thank you to volunteer Marc who worked countless hours to ensure our gardens in the front of the building looked so beautiful!
- OWCS welcomes Catie Newans who has joined us as our intake clerk with the In Home Services Department
- OWCS welcomes our six Algonquin College students who will be volunteering with our AIP Program
- Congratulations to Assisted Living Coordinator Kaytlyn Van Allen and her new husband Matt Baczynski who tied the knot in August!

OWCS needs your recipes!

We will be putting together a comfort themed cookbook and selling it as a fundraiser for OWCS. If you have an old family recipe that will warm a winter night, please submit it by

Oct 16, 2015

For more information please call:

Sarah 613-728-6016

HALLOWEEN HUMOR....

What is a vampire's favourite holiday?

Fangsgiving!

Extra Friday Parties!

Come join the Friday Lunch Group for two fun social events:

OCTOBERFEST PARTY!

Friday Oct 9, 2015
Lunch served at 12 noon
$10.00/person for meal, $6.00/ ride
Come decked out in your lederhosen!
Pretzels, sauerkraut, sausages and more!

HALLOWEEN PARTY!

Friday Oct 30, 2015
Lunch served at 12 noon
$10.00/person for meal, $6.00/ride
Prizes for best Halloween Costumes!

Space is limited, so please register by contacting Renée at 613-728-6016

Don't forget to fall back!

Daylight savings ends Sunday November 1, 2015

YARD WORK

The cost for Fall Clean Up is $20.00.There is a minimum of a one hour charge. Clients are to provide brown paper recycle bags. Please contact Mark for service: 613-728-6016

"I'm so glad I live in a world where there are Octobers"

Lucy Maud Montgomery, Anne of Green Gables

SNOW REMOVAL

The cost for Snow Removal is $25.00. There is a minimum of a one hour charge. Clients are matched with workers who will provide service after 2 inches of snow accumulation. Clients need to make certain workers have access to shovels, scoops, sand and salt.

Financial assistance may be available through the Snow– Go Financial Assist Program, which supports low income seniors and people with disabilities. Clients may be reimbursed up to 50% of snow removal costs to a seasonal maximum of $250.00.

For more information please contact Program Coordinator Mark Jenkins at 613-728-6016 or www.ottawa.ca/snowgo

Please help us keep our mailing list accurate. If your name is not spelled correctly or if you are receiving more than one copy, please let us know. Also, please note that our newsletter is available in both French and English. If you wish to receive a French newsletter, please call the office at

613-728-6016 to have your file updated.

OWCS Now Has a Blog!

What is a blog, you say? It's the short form for Web Log, which is a regularly updated website, written in a conversational tone. The blog is meant to complement the newsletter, giving you OWCS news about 3-4 times per month. You can find the blog on our website under the Resources tab. (**www.owcs.ca/resources/owcs-blog/**)

Every time there is a new blog post, we will be notifying you via our Facebook and Twitter accounts, which is a good reason to follow us on social media!

Easy Pumpkin Soup

Ingredients:

6 cups of chicken stock
1 1/2 tsp of salt
4 cups of pumpkin puree (1 large can)
1 tsp of chopped fresh parsley
1 cup chopped onion
1/2 tsp of chopped fresh thyme
1 clove of minced garlic
1/2 cup of whipping cream or milk of choice (ex. 2%, soy milk, coconut milk)
5 whole black peppercorns

Directions:

1. Heat stock, salt, pumpkin, onion, thyme, garlic and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered
2. Puree the soup in small batches (1 cup at a time) using food processor or blender.
3. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in cream (or milk of choice). Pour into soup bowls and garnish with parsley.

Did you know: 1 cup of cooked pumpkin contains more than 200 percent of your daily intake of Vitamin A

Registration for all trips begins October 1, 2015
Call Renée at 613-728-6016

Social Sundays

Sunday Oct 18, 2015
Fall leaves tour and lunch at La Vallee in Chelsea Qc

Sunday Nov 8, 2015
Tour & lunch of Ottawa's War Museum

Sunday Dec 6, 2015
Singing Christmas Tree Concert at Bethel Pentecostal Church

Transportation is $6.00
Client is responsible for all extra lunch, ticket costs etc.

Extra Shopping Bus

Thursday Oct 15, 2015
Orleans Mall

Thursday Nov 19, 2015
Lansdowne Whole Foods

Thursday Dec 17, 2015
Blossom Park

Regular grocery shopping to Loblaws takes place every Tuesday and Wednesday. Call Renée for more information!

Our Services

- Assisted Living Services (ALS)
- Homemaking, Respite & Personal Care
- Adult Day Program
- Transportation Programs
- Friendly Visiting, Telephone Assurance Programs
- Home Maintenance, Odd Jobs, Yard Work & Snow Removal
- Aging In Place (AIP)
- Housecleaning
- Foot Care & Hair Salon Services
- Congregate Dining and Social Outings
- Going Home Project

Take a Break Answers!

A) iv Maker of bows

B) iii Produce transporter

C) i Forest warden

D) v Woodworker

E) ii Maker of stockings

Did you know? In the Middle Ages, poor people ate coarse, dark bread. Rich people ate fine, white bread. The surname Whitbread came from people who baked white bread.

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OTTAWA WEST COMMUNITY SUPPORT

SERVICE COMMUNAUTAIRE D'OTTAWA-OUEST

Providing the assistance you need to stay at home

1137 Wellington Street West

Ottawa, ON K1Y 2Y8

613-728-6016

Your privacy is important to us. The Privacy Officer at OWCS is Lee McCarthy.

Ottawa West Community Support is committed to responding to seniors and physically disabled persons needing assistance to remain living independently at home. Assistance is provided through a creative community based support service.

OWCS was initiated in 1979 by Christian churches in the west end of Ottawa who were motivated by the love of Jesus Christ, to provide practical services to all elderly persons in need regardless of race, colour or creed. It continues to be supported by churches in our community.

WE'RE ON THE WEB!

FOLLOW US ON FACEBOOK AND TWITTER! YOU WILL FIND UPDATES ON OUR PROGRAMS AND HAPPENINGS AT OWCS

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@OttawaWestCS